A Guide for First-Time Parents

(\_\_\_\_\_/65 marks)

Handling a Newborn:

Please explain the 5 Basics (10 mark)

Explain how to bond with a newborn and why it is important. (10 marks)

Explain the steps to Swaddling a newborn. (6 Marks)

Diapering:

What do you need before you start? (4 marks)

Prevent or heal diaper rash by doing these following 4 steps? (4 Marks)

Bathing Basics:

What must you remember about washing your newborn?

Differences between Sponge and Tub baths and

importance of both. (6 Marks)

Circumcision and Umbilical cord care:

What needs to be done and why? (5 marks)

Feeding and Burping:

Feeding tips? (5 Marks)

Burping tips? (5 Marks)

Sleeping:

Routine they suggest? Explain in detail. (10 Marks)